

CLAIMS

What is claimed:

1. A method of applying therapy with a therapeutic device, the therapeutic device including at least one light source capable of emitting therapeutic light and at least a portion having a non-ambient temperature, the method comprising applying the non-ambient portion of the therapeutic device to a user's body with the light source directed to emit therapeutic light generally toward the user's body for applying at least one of heat therapy, cold therapy, and therapeutic light to the user's body.
2. The method of claim 1, wherein the method includes using the therapeutic device to generally simultaneously apply therapeutic light and one of heat or cold therapy to the user's body.
3. The method of claim 1, wherein the therapeutic device includes a massager, and wherein the method includes activating and applying the massager to the user's body.
4. The method of claim 1, wherein the method includes using the therapeutic device to generally simultaneously apply massage therapy, therapeutic light, and one of heat or cold therapy to the user's body.
5. The method of claim 1, wherein the method includes heating the therapeutic device prior to applying the non-ambient portion to the user's body.
6. The method of claim 1, wherein the method includes cooling the therapeutic device prior to applying the non-ambient portion to a user's body.

7. The method of claim 1, wherein the method includes activating the light source to apply therapeutic light to the user's body.

8. The method of claim 1, wherein the device comprises an attachment device, and wherein applying the non-ambient portion to a user's body includes using the attachment device to attach the therapeutic device to the user's body.

9. A therapeutic device comprising a container, an agent within the container for applying at least one of hot therapy and cold therapy, and at least one light source for emitting therapeutic light.

10. The device of claim 9, wherein the agent comprises a hot/cold gel.

11. The device of claim 9, wherein the device further comprises a massager coupled to the container.

12. The device of claim 9, wherein the light source emits at least one of infrared light and near-infrared light.

13. The device of claim 9, wherein the light source emits light having a wavelength within a range of about 680 nanometers and about 880 nanometers.

14. The device of claim 9, wherein the light source comprises a plurality of LEDs.

15. The device of claim 9, wherein the light source is removably coupled to the container.

16. The device of claim 9, wherein the container defines a sleeve sized to receive the light source therein.

17. The device of claim 9, wherein the light source is positioned within the container.

18. The device of claim 9, wherein the container includes at least one externally flexible portion coupled to a switching device such that movement of the flexible portion switchably connects the light source to a power source.

19. The device of claim 9, further comprising an attachment device for attaching the device to a user's body.

20. The device of claim 19, wherein the attachment device comprises an adhesive bandage strip coupled to the container.

21. A therapeutic device comprising at least one light source for emitting therapeutic light and an adhesive bandage strip for attaching the device to a user's body with the light source directed to emit therapeutic light generally towards the user's body.

22. The device of claim 21, wherein the light source emits at least one of infrared light and near-infrared light.

23. The device of claim 21, wherein the light source emits light having a wavelength within a range of about 680 nanometers and about 880 nanometers.

24. The device of claim 21, wherein the light source comprises at least one LED.

25. The device of claim 21, further comprising means for applying at least one of hot therapy and cold therapy to the user's body when the therapeutic device is attached to the user's body with the adhesive bandage strip.

26. The device of claim 21, further comprising an agent for applying at least one of hot therapy and cold therapy to the user's body when the therapeutic device is attached to the user's body with the adhesive bandage strip.

27. A therapeutic device comprising a massager and at least one light source for emitting therapeutic light having a wavelength within a range of about 680 nanometers and about 880 nanometers, the light source being positioned relative to the massager to direct therapeutic light generally towards a user's body when the massager is applied to a portion of the user's body.

28. The device of claim 27, further comprising means for applying at least one of hot therapy and cold therapy to the user's body.

29. The device of claim 27, further comprising an agent for applying at least one of hot therapy and cold therapy to the user's body.

30. The device of claim 27, wherein the light source emits at least one of infrared light and near-infrared light.

31. The device of claim 27, wherein the light source emits light having a wavelength within a range of about 680 nanometers and about 880 nanometers.

32. The device of claim 27, wherein the light source comprises at least one LED.

33. A therapeutic device comprising a container, means within the container for applying at least one of hot therapy and cold therapy, and means for emitting therapeutic light.

34. The device of claim 33, further comprising means for applying massage therapy.